HERE FOR YOU

STRATFORD YMCA
P 203 375 5844 F 203 380 0291
E stratfordinfo@cccymca.org

YOUR Y STAFF
Executive Director: Suzanne Richards
Child Care Director: Melissa Bernardo
Membership and Health & Wellness Director: Ashley Fedak
District Aquatics Director: Oscar Rodriguez
Membership Services Specialist: Denise Champagne
Group Fitness Coordinator: Gina Pezzullo
BYS Head Coach: Marta Taddeo

BOARD OF MANAGERS
Lamia Amiouche
Claudine DiSario
Robert Jaekle
Dave Manson,
Jason Martinez
Dale McClanan
George Perham
Donna Wells, Board Chair
Patrice Wilson
Tom Collins
Tia Lopez
Christopher Green
Phil Conners

FACILITY HOURS
Mon–Thurs. 5:30am–8:00pm
Friday 5:30am–7:00pm
Saturday 7:00am–5:30pm
Sunday 8:00am–3:00pm

HOLIDAY HOURS
Memorial Day– Monday, May 29 7:00am–1:00pm
Independence Day– Tuesday, July 4– 7:00am–1:00pm

PROGRAM REGISTRATION
SPRING SESSION
June 19– August 13
REGISTRATION DATES
Facility Member: Monday, May 29
Program Participant: Monday, June 5

MEMBERSHIP FOR ALL
Membership rates are based on a sliding scale according to household income.
Please contact us for more information.

CENTRAL CONNECTICUT COAST YMCA
STATEMENT OF DIVERSITY & INCLUSION

The Central Connecticut Coast YMCA is an inclusive organization open to all. The Y believes that in a diverse world we are stronger when we are inclusive, when our doors are open to all, and when everyone has an equitable opportunity to learn, grow, and thrive. At the Y, we set the example when we welcome people across all dimensions of diversity. Dimensions include income, faith, ability, age, sexual orientation, gender identity or expression, race, ethnicity, national origin, cultural background or other unique personal characteristics. Together we stand. For a better us.
Families are struggling to afford the cost of living, the cost of child care and the cost of enrichment opportunities. The Stratford YMCA is committed to help our community meet these challenges head on. The Y is a charitable non-profit organization ready to serve ALL! When you donate to the Stratford YMCA Annual Campaign, you help us respond to the greatest needs in our community. All contributions to the YMCA provide direct financial assistance for ALL who need it.

DONATE FOR A BETTER US.
Connect with Suzanne Richards to learn more.

FINANCIAL ASSISTANCE
The Stratford YMCA offers financial assistance for programs to qualified members. We are community based and believe that our programs should be available to everyone and that no one should be turned away because of their inability to pay. Our Financial Assistance Program is made possible because caring people and businesses in our communities fund the program through our Annual Campaign. Financial Assistance is available on a sliding scale that is based on total household income, family size and number of participants for a specific program.

OUR MISSION
To put Judeo-Christian principles into practice through programs that build healthy spirit, mind, and body for all.
STRONG SWIMMERS = CONFIDENT KIDS

For more than 160 years, the YMCA has nurtured potential and united communities across America to create lasting, meaningful change. Everything the Y does is in service of building a better us. One of the most effective ways to accomplish this is to teach youth, teens, and adults to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All ages - from infants to seniors - can learn to swim at the Y. Check out our class offerings to find one that fits your family’s busy schedule.

Our Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration. All swim instructors will be wearing masks and leading non-contact instructions. They will be providing lessons, while socially distanced in the water and from the pool deck.

Swim Starters and Swim Basics classes require one parent* to participate in the pool and on the pool deck. Groups will be socially distanced from others.

*At the Y, we know families take a variety of forms. As a result, we define parents broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, stepparents, grandparents or any type of parenting relationship.

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<tr>
<th>AGE GROUP</th>
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<td>6 months - 3 years Parent* &amp; Child</td>
<td>SWIM STARTERS</td>
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<tr>
<td>18 + years Adult</td>
<td>SWIM BASICS SWIM STROKES</td>
<td>Stages 1-6</td>
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SWIM STARTERS

Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

Age Group 6 months – 3 years
Parent* & Child
Stages A-B, 30 minutes

Stage A / Water Discovery
Parents* accompany children in Stage A, which introduces infants and toddlers to the pool through exploration and encourages them to enjoy themselves while learning about the water.
Member: $90 / Program Participant: $178
Saturday 8:00am

Stage B / Water Exploration
In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.
Member: $90 / Program Participant: $178
Saturday 8:45am
YOUTH DEVELOPMENT

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim — sequencing front glide, roll, back float, roll, front glide and exit.
- Jump, push, turn, grab.

Age Group:
3 years – 5 years Preschool
5 years – 12 years School Age
12+ years – Teen & Adult
Stages 1–3, 30 minutes, Teen/Adult, 40 minutes

Stage 1 / Water Acclimation
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.
Member: $90 / Program Participant: $178
Member: $94 / Program Participant: $188 - Teen/Adult *

Stage 2 / Water Movement
In Stage 2, students focus on body position, control, directional change and forward movement in the water while continuing to practice safely exiting in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.
Member: $90 / Program Participant: $178

Stage 3 / Water Stamina
In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.
Member: $90 / Program Participant: $178

Stage 4 / Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.
Member: $94 / Program Participant: $188

Waiting lists will be offered in the event that the class registration reaches the maximum number. Additional classes will be added based on specific stage and class enrollment numbers.

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

SWIM STROKES
Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Class times are subject to change based on enrollment numbers.

SWIM STROKES
Stage 4 / Stroke Introduction
Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through threading water and elementary backstroke.
Member: $94 / Program Participant: $188

School Age Saturday 9:00am

School Age Saturday 10:20am

View current schedules, programs and events on our website!
YOUTH DEVELOPMENT

Stage 5 / Stroke Development
Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.
Member: $94 / Program Participant: $188

School Age  Thursday   6:15pm  Saturday   10:00am

Stage 6 / Stoke Mechanics
Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.
Member: $94 / Program Participant: $188

School Age  Friday   5:40pm  Saturday   11:00am

OBSERVATION POLICY
Parents are asked not to disrupt the children or instructor while the class is in session.

PRIVATE SWIM LESSONS
Private and semi-private lessons are offered at the Stratford Y for youth and adult facility members. Private lessons give adults and children the opportunity to build their skills one on one with our instructors, semi-private lessons are available 2 to 1. Lessons are 30 minutes long and can be purchased in packages of 1, 2, 4, or 8 classes. Classes are scheduled cooperatively based on the instructor and swimmers schedules. Contact the Y to schedule today!

CLASS LEVEL POLICY
For correct placement, we reserve the right to transition children up or down a swim level at any time during the session.

FEE: 8 Sessions for 45 minutes
Any questions contact our District Aquatics Director, Oscar Rodriguez, at orodriguez@cccymca.org.

STRATFORD YMCA BSY TORPEDOES SWIM TEAM
2023 SHORT COURSE SEASON INFORMATION
April 17–July 28
Our team offers a stimulating, enjoyable program that stresses stroke technique, starts, turns, and basic to advanced training. Our team ranges from entry level competitive swimmers to National Championship caliber swimmers – all are welcome and encouraged to swim with the BSY Torpedoes.

For more information about registering/season details or swim evaluation, please contact our BSY Head Coach, Marta by emailing her at mtaddeo@cccymca.org.
ADULT LAP SWIM
Adult Swim times are open to all adult members. One lane is available for lap swimming. The rest of the pool is available for therapeutic exercising and slow swimming. Times vary through the week. Please check the schedules page of our website or our mobile app for details. * Please contact the Y for updates on pool schedule.

LAP SWIMMING ETIQUETTE
- Swimmers are encouraged to contribute to an atmosphere of cooperation and courtesy.
- Always enter from the shallow end.
- A maximum of five swimmers are permitted in each lane during lap swimming.
- Please swim with others of similar speed. Lifeguards will move swimmers to the appropriate lane when necessary.
- Always let swimmers in your lane know when you are entering the water.
- Always circle swim counter-clockwise when three or more swimmers are in a lane.
- Fins and/or kickboards are not permitted during circle swim.
- Allow faster swimmers to pass. Passing always occurs on the left of the swimmer or at the end walls.
- Do not stand at the ends of the pool for an extended period of time.

Teens age fourteen and older may participate in lap swimming.

FUEL YOUR HEALTHY HABITS
Join us for a coffee and conversation about nutrition with Jen Evans, MS in Human Nutrition from the University of Bridgeport. Our month Healthy Food Chats are held on Friday’s. Upcoming dates to be announced via our social media and website for children and adults.

MARKET STYLE FOOD PANTRY
Stock up on FREE produce and shelf stable food for your family! Questions? Want to volunteer? Contact the Stratford Y at stratfordinfo@ccymca.org. *In case of inclement weather, check the CT Foodshare website or call the Y for more info at 203-375-5844.

Brought to the community by the Town of Stratford Health Department, Community & Senior Services, Stratford YMCA, and CT Foodshare.

Where: Holy Name of Jesus Church on 1950 Barnum Ave, Stratford, CT, 06614
When: June 12 and June 26 from 1:00-2:00pm

STRETCH YOUR MIND BODY & SPIRIT
ADULT YOGA AT ROOSEVELT FOREST
Awaken your mind and senses while you take in the fresh air and the sound of the calming birds and trees sway. Feel the warmth of the sun on your face and melt your stress away. Bring a bagged lunch for after class!

When: Friday June 23 – August 18 – weather permitting (No class on 7/7/23)
Time: 10:30-11:30am
Where: Roosevelt Forest- 700 Peters Ln, Stratford, CT 06614
Fees: Facility Members $20 for 8 week session, Program Participant $40 for 8 week session
Register at the Stratford YMCA or our website. Contact Ashley at the Y, at 203-375-5844 for any questions.

Brought to you by the Stratford Y and Stratford Recreation.
YOUTH DEVELOPMENT

ADAPTIVE KIDS NIGHT OUT
Friday Nights is a new program that gives children with diverse abilities time to enjoy connecting with new friends and caring adults. Participants will swim in the pool supervised by lifeguards and program staff. Afterwards, participants will come together to share snacks and enjoy group activities, such as board games and STEM activities. Children must be able to function in a group setting, and change in and out of clothing themselves.

AGES: Kids: 8–12 years old/Teens: 13–21 years old
TIME: 6:00 – 8:00pm
FEE: Facility Members: $25/Program Participants: $35

BOARD GAME CLUB
Come hang out on Monday evening at the Y with veteran Camp Counselor Isaiah and play thought-provoking tabletop games. Tabletop games played included cooperative and competitive board games, card based/deck building games and other strategy based games.

Pre-registration is required. Board Game Club is held on Monday nights from 5pm–8pm for children in grades 5th to 9th.

Members: FREE FOR FACILITY MEMBERS (Please register in advance)

GAGA DODGEBALL CLUB
Come hang out on Saturday mornings from 9:00am–12:00pm for some competitive gaga ball. Gaga is a fast-paced, high energy sport played in an octagonal pit. The more players there are, the better! Ga-Ga ball is a gentler version of dodgeball, the game is played with a soft foam ball, and combines the skills of dodging, striking, running, and jumping, while trying to hit opponents with a ball below the waist. Don’t forget to wear active clothes and sneakers.

AGES: Grades 4 – 8
Members: FREE FOR FACILITY MEMBERS (Please register in advance)

PAINT & SIP
We pick a fun painting relating to the season and go through a step by step process so the kids can re-create the painting while adding their own creative touches. We’ll provide smoothies, and all the materials necessary for the project. Upcoming dates to be announced via our social media and website for children and adults.

READ TO GROW
Did you know that the Stratford Y is a Read to Grow Book Place? Free books are available from Read to Grow in our lobby, take a few home for the young readers in your family. The more time you spend reading with your children, the better! There are even books available for adults.

REGISTER ONLINE AT STRATFORDYMCA.ORG
View current schedules, programs and events on our website!
YOUTH DEVELOPMENT

YMCA PRESCHOOL PROGRAM
The Stratford YMCA operates a NAEYC accredited year-round preschool program for 3-4 year olds at our main branch.

Children are motivated to explore, manipulate, question, discover, and express their needs through play, group, and individual activities. We offer a comprehensive program to foster the social, emotional, cognitive, physical, and creative needs and growth of the child. Swimming is a part of preschool! We believe that all children should learn to be safe in and around water by the age of 12. Swimming incorporates water comfort, water safety, and stroke development.

Thanks to the Y’s Annual Campaign, the Y offers financial assistance to families who qualify. Funds are limited. The Stratford YMCA is also a licensed provider with the state Care 4 Kids program. Contact Melissa at ext. 261 to schedule a tour.

BEFORE & AFTER SCHOOL
The YMCA offers Before School Child Care for students who attend Stratford Academy, Nichols, Wilcoxson, Eli Whitney, Franklin, Second Hill Lane, and Chapel schools.

The before school program includes recreational and enrichment activities. Drop off for this program begins at 6:45am.

The YMCA provides extended-day child care to children in grades K-6, from dismissal until 6pm. After School Child Care is provided for students at Second Hill Lane, Stratford Academy, Franklin, Lordship, Nichols, Chapel, Eli Whitney, Victoria Soto and Wilcoxson schools.

The after school program includes a quiet homework time and a variety of recreational activities and games. A healthy snack is provided.

For more information or to register, please call or stop by the Stratford YMCA at 203-375-5844! If you have any questions contact our Childcare Director, Melissa Bernardo, at mbernardo@cccymca.org.

CARE 4 KIDS
The Y is a licensed provider with the state program.

Y VACATION CLUB
No school? No problem! The Stratford YMCA is here for your child care needs. Drop your child off with our experienced child care staff for a fun-filled day of games, activities, arts & crafts, swimming, and more! Pre-registration is required.
PARENTS NIGHT OUT AT THE STRATFORD Y

Let our YMCA staff lead your kids in fun group games, swim time, crafts, and other activities while making some new friends! Please bring a suit & towel. Preregistration is required. Registration ends two days before event so we can staff properly. Keep a look out on Social Media for the next date!

SPLISH SPLASH BIRTHDAY BASH
CELEBRATE BIRTHDAYS AT THE STRATFORD YMCA

For all birthday parties, a party host will be provided to help parents set up and clean up from the party. All parties are scheduled for two hours. Each party consists of one hour in the pool followed by one hour in the party room. A lifeguard will swim test and monitor the kids in the pool. Party is limited to 25 swimmers and no more than 30 guests.

WHEN: Saturdays anytime after 1:00pm
WHERE: Stratford YMCA
FEE: Member: $175 Program Participant: $250 Extra 30 minutes of pool time: $75
Please contact Oscar at orodriguez@cccymca.org for more information.

SUMMER DAY CAMP WELCOME TO SUMMER DAY CAMP!

The YMCA believes all kids have great potential and deserve the opportunity to discover who they are and what they can achieve. At YMCA day camp kids and teens can develop skills, self-confidence, new friendships and a sense of belonging – all while having tons of fun.

In order to have fun and thrive, kids of all ages need to feel both physically and emotionally safe. When you drop your child off at a camp, you can rest assured that their total well-being will be supported. Safety is always our number one priority! We keep kids healthy and safe while providing enriching experiences. As a leading nonprofit committed to nurturing the potential of youth, the Y has been a leader in providing summer camp for over 130 years. Our experienced and caring staff and volunteers model the positive core Y values of caring, honesty, respect and responsibility that help build character.

If your child is 14–15 years of age, they may be interested in our Counselor in Training program. In our CIT program, they will receive valuable job interviewing skills, child care training, leadership experience, team building, and problem-solving skills. To apply please fill out the application and contact the Y for an interview.

For more information or to register, please call or stop by the Stratford YMCA at 203-375-5844! If you have any questions contact our Childcare Director, Melissa Bernardo, at mberardo@cccymca.org.
TEKE UP! JOIN THE FUN!

STRATFORD YMCA 19TH ANNUAL GOLF TOURNAMENT

The most important round you’ll play all year. Make a difference. Help the Y stay on course. The true power of the Y is in the hearts and actions of every person who believes in our vision of a stronger community for all. Every day, the Y provides food for those who are hungry; a safe, nurturing space for kids to learn and grow and outreach to seniors. Every day, we improve our game thanks to generosity of people like you, our members, our volunteers and our donors. When you and your friends participate in our Annual Golf Tournament, you help us support adults, youth and families in our community with the YMCA programs and services they need to thrive.

WHEN: August 7, 2023
WHERE: Mill River Country Club 4567 Main Street, Stratford, CT P 203 375 5641
SCHEDULE: 11:00am Registration, 11:30am Lunch, 12:30pm Shotgun Start (Scramble), 5:00pm Reception/Dinner, Auction, Awards
RSVP: Please respond by July 15, 2023

For more information, contact Suzanne Richards srichards@cccymca.org, George Perham gperham@viavisionary.com

TOGETHERHOOD

Togetherhood is a nationwide program that gives Y members a way to get to know people and strengthen our community through volunteerism. The program is led by a committee of Y members that decides on projects and carries them out throughout the year.

If you’re interested, please contact the Y for more info. We meet the 1st Thursday of each month at 11:15am. If you’re interested in learning more, please contact Suzanne for more info at srichards@cccymca.org

ARE YOU WHISTLE WORTHY?

Lifeguard Certification Course at the Stratford YMCA. This course is designed to give participants the basic skills and knowledge needed to be lifeguards in pools and aquatic environments. This comprehensive course offers up to date information on how to guard, anticipate, and prevent problems and to take actions to help those in need.

CPR, First Aid, AED, and O2 certifications are included in the cost of the program. Participants must pass a swim test on the first day of class in order to remain registered. All class times are required for certification in addition to completion of online prerequisite courses prior to first day of class.

For more information, please contact our Aquatics Coordinator, Oscar Rodriguez at orodriguez@cccymca.org, or call 203-375-5844. Please call to reserve your spot in the class and a Stratford YMCA staff member will reach out to those on the list when appropriate attendance is achieved. Call to reserve your spot today!

SOCIAL RESPONSIBILITY
MEMBERSHIP
From exceptional fitness facilities including our indoor pool, Life Fitness equipment, Elliptical Cross trainers, treadmills, recumbent bikes and upright bikes, child watch and child care services, before and after-school child care and summer day camp – the Stratford YMCA is the place to go!

The Stratford YMCA has a wide variety of programs for people of all ages and interests. Please take a few minutes to explore our facility. Tours are available during regular branch hours.

Why do so many people feel like they belong at the Y? One reason is that no other single membership provides so many ways to exercise spirit, mind and body as the YMCA. So, whether your life is about shaping up, studying up, meeting up or growing up, it all begins with signing up at the YMCA.

We have a wonderful community of people here at the Stratford Y! It’s a positive, supportive environment where you and your family can feel comfortable while pursuing the activities that interest you the most.

PERSONAL TRAINING
Whether you are 15 or 75, an experienced or beginning exerciser, personal training can help you reach your health and fitness goals. Our certified personal trainers will help develop an individualized program that is perfect for you and will support you with expert knowledge, coaching and motivation to help you look, feel and live better.

Registration: Personal Training sessions for Y Facility Members only; are sold in one hour increments and are scheduled between members and trainers. Available 1:1 or Group Sessions for 2-6. To schedule your training & more information please contact Ashley at afedak@cccymca.org.

GET F.I.T.
Free Introductory Trainings
As a new Y member, we would like you to achieve your wellness goals and get the most our of your Y membership. Please sign up for F.I.T. Sessions so that we can help you get started. Available for members 12 and up. Must register to schedule an appointment.

ACTIVE OLDER ADULT MEMBERSHIPS
IT’S NEVER TOO LATE TO FEEL GREAT!
Stratford YMCA’s Active Older Adult (AOA) members can enjoy a variety of free classes that help you to stay healthy. Our fitness classes are designed for all ages and abilities! A body in motion stays in motion. Y programs keep you moving, active and thriving physically, emotionally and mentally. Meet new friends and join the fun!

OUTDOOR FITNESS
Located towards the front of our Y at 3045 Main Street, the outdoor fitness structure is available for members and our community who are 13+ years old. We encourage you to try it out! It has the ability to accommodate a variety of exercises with directions for use posted at the site. Have fun and be safe exercising!

ACTIVE OLDER ADULT LOYALTY PROGRAM
We are glad that you are being active and having fun with friends here at the Y! Pick up a Loyalty Card each month. Have it punched each day you come to the Y to get moving. At the end of the month if you have 10 punches, turn in your card. You will have a chance to win a fabulous prize!

MEMBER SOCIAL
Healthy Living is about more than just a workout, it’s about making friends too! Bring your own picnic lunch and we will discuss healthy living topics under our tent and at a safe distance. Please register in advance as space is limited. Upcoming dates will be published on our website and social media. Stay tuned!
TAKING IT TO THE NEXT LEVEL
Stratford YMCA Fitness and Aquatic
Group Exercise Classes!

Welcome to our new group exercise classes here at the Stratford YMCA. Our outdoor group ex class schedule will extend through the good weather; classes will be moved inside given daily weather. We are asking members to bring their own mat, water, towel and gear. We will provide equipment based on the class needs including free weights and exercise bands. It’s your favorite group ex classes under the sun; same classes, same music, same instructors, different group exercise room!

AQUATIC GROUP EX SCHEDULE:
Please make sure to pre-register All Classes– Limited space/availability per class; 15 maximum allowed per class.

Monday:
8:45AM–Aqua Power with Tony
9:45AM– Deep Water Fit with Tony

Wednesday:
11:15AM–Aqua Power with Joanne
12:15PM– Deep Water Fit with Joanne
6:15AM– Aqua Zumba with Toni

Thursday:
9:00–Aqua Zumba with Pauline

Friday:
9:45AM– Deep Water Fit with Tony

GROUP EX SCHEDULE:
Mondays:
8:30AM– Tai Chi with David
10:00AM–Active Older Adult Fit with Virginia
2:00 PM–Active Older Adult Cardio Circuit with Anna
4:00PM– Kardio Kickboxing with Eileen
5:30PM–Yoga with Sharron

Tuesdays:
9:15AM Zumba Toning with Pauline
10:15AM–Zumba Gold with Pauline
5:45pm– Circuit Training 101 with Anna

Wednesdays:
9:00AM –Pilates Power with Helen
10:00AM– Cardio Interval & Strength with Virginia
10:45AM– Chair Yoga with Virginia
4:00PM– Step & Sculpt with Eileen
5:30PM–Yoga with Sharron

Thursdays:
8:00AM Strength 101 with Sally
10:00AM – Zumba Gold with Pauline
2:00PM –Active Older Adult Cardio Circuit with Anna
5:30PM– Tai Chi with David
5:30PM–Strength Circuits with Anna in Cardio Room

Fridays:
10:00AM –Active Older Adult Fit with Robin
11:15AM– Muscle, Core and More with Joanne

Saturdays:
8:15AM – Pilates Power with Helen
9:15AM– Yoga with Thomas

Sundays:
9:00AM–Muscle, Core & More with Joanne

Get the current Group Exercise Schedule on our web site, from our mobile app or at the Y.
HEALTHY LIVING

GROUP EXERCISE CLASS DESCRIPTIONS

ACTIVE OLDER ADULT FIT
Enjoy your friends while you move to music. Exercises are designed to increase muscular strength and range of movement to help with daily activities. Hand-held weights, elastic tubing with handles and balls are used.
Monday & Friday, 10:00AM

ACTIVE OLDER ADULT CARDIO CIRCUIT
Increase cardiovascular and muscular endurance in a standing circuit workout. Hand-held weights, elastic tubing and a ball will be used and alternated with non-impact aerobics. Chairs available.
Monday & Thursday, 2:00PM

PILATES POWER
Power Pilates encompasses precise movements to stretch and strengthen muscle without adding bulk. Discover your inner strength while your body transforms as your energy improves and you achieve an inner balance.
Wednesday, 9:00AM
Saturday, 8:15AM

CIRCUIT TRAINING 101
This is a fun entry level class where participants complete a "circuit" of exercises to build foundational strength and to elevate your heart rate. Wrap it up with some stretches and you’re on your way!
Tuesday, 5:45PM

TAI CHI
The ancient form of Chinese exercise, emphasizing proper breathing, balance and strength. Great for improving balance, increasing flexibility and reducing stress. All levels.
Monday, 8:30am & Thursday, 5:30PM

CHAIR YOGA
Move your whole body through a series of seated and standing yoga poses. Chairs provided for support so you can safely perform postures designed to increase flexibility, balance and range of movement.
Wednesday, 10:45AM

STRENGTH CIRCUITS
Work specifically on building strength throughout the body. Each circuit will work either your upper body, lower body, or a combination of exercises. You will leave this class feeling powerful!
Thursday, 5:30PM

YOGA
Grow longer and stronger as you work through movements designed to increase your flexibility, release tension, and improve posture. This class is designed for all levels.
Monday, Wednesday, 5:30PM
Saturday, 9:15AM

STRENGTH 101
Learn the basics of strength training using your body weight, various equipment and breathing techniques.
TUESDAY, 7:00AM

ZUMBA GOLD
Easy to follow class that lets you move to the beat at your own speed. Invigorating, community-oriented dance-fitness class that feels fresh and exhilarating! Modified, low-impact moves available for active older adults.
Tuesday & Thursday, 10:15PM

ZUMBA TONING
Targeted body sculpting exercises and high energy cardio work combined with Latin infused Zumba moves create a calorie torching, strength training dance party. Using Zumba toning sticks or light weight dumbbells, you’ll work every muscle group.
Tuesday 9:15AM

AQUA ZUMBA
A Zumba® “pool party” invigorating workout. Splash, stretch, twist, shout, laugh and holler! This class blends it all into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, exhilarating and fun!
Wednesday, 6:15PM & Thursdays, 9:15AM

AQUA POWER
Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.
Monday & Friday, 9:00AM & Wednesday 11:00AM

MUSCLE, CORE & MORE
Strength training which may use free weights, stretch bands, and medicine balls encouraging core strength throughout, followed by stretching.
Friday, 11:15am & Sunday, 9:00am

DEEP WATER FIT
A dynamic workout using cardio and strength training intervals in the pool. This class can also be 20–30 min cardio with resistance training at the end in the pool.
Monday & Friday, 10:00am Wednesday, 12:00pm

CARDIO INTERVAL & STRENGTH
This class combines aerobics and sports conditioning with weights, strength training and core.
Wednesday, 10:00AM

KARDIO KICKBOXING
Powerful kickbox and martial arts type movements put together for the ultimate calorie burning class
Monday, 4:00PM

STEP & SCULPT
This energetic cardio class strengthens the lower body while blasting calories and having fun. This high energy class is the ultimate way to improve your cardiovascular fitness.
Wednesday, 4:00PM

REGISTER ONLINE AT STRATFORDDYMCA.ORG
View current schedules, programs and events on our website!
YOUR VIRTUAL YMCA
VIRTUAL WELLNESS AND GROUP EXERCISE CLASSES
WITH THE CCC YMCA NOW AVAILABLE!

VIRTUAL CLASS– VISIT STRATFORDYMCA.ORG

Monday
- 9:00am Boot Camp w/Jenn
- 10:30am Chair Yoga w/Joanne
- 5:00pm Pilates w/Joanne

Tuesday
- 7:45am Yoga w/Jo
- 9:00am Abs Express w/Jenn
- 10:30am AOA Fit w/Jenn
- 5:00pm Yoga w/Joanne

Wednesday
- 9:00am Cardio Barre w/Joanne
- 10:30am Chair Yoga w/Joanne
- 5:00pm Cardio Barre w/Joanne

Thursday
- 7:45am Yoga w/Jo
- 9:00am Non-Stop Tabata w/Jenn
- 10:30am AOA Fit w/Jenn
- 5:00pm Yoga w/Joanne

Friday
- 7:30am Tai Chi w/ David
- 9:00am Cardio Barre w/Jenn
- 10:00am Zumba Gold w/Pauline
- 5:00pm Workout Express w/Joanne

Saturday
- 9:00am Non-Stop Tabata w/Jenn
- 10:30am AOA Fit w/Jenn

YMCA360 ON-DEMAND AND LIVE

At the YMCA we believe that when people experience all that our Y has to offer, they will be drawn into supportive, healthier relationships with one another and their community.

YMCA360 is an on-demand video platform for our Y community. YMCA360 offers 1000+ group exercise classes, youth sports training, well-being classes and more to serve you wherever you are. Whether you are at home or on the road, take the Y with you along with your favorite classes, instructors and more. Watch this brief introduction!

These programs are free to all full-facility members of the Central Connecticut Coast YMCAs.

From your desktop, laptop, tablet, smart TV or mobile device, YMCA360 is available wherever you are with an internet connection. Instructions for access:

Please visit [ymca360.org](http://ymca360.org)
- Click the login button
- Enter your email address, click continue
- Enter your zip code, click continue
- Click your YMCA
- You will receive a 6 digit email code, via email
- Enter this code, click continue
- You will be let in!

Please reach out to the Y with questions or check our YMCA360 FAQs for CCCY Members. If you have a recommendation for a new program, please let us know.
HEALTHY LIVING

YMCA UNIVERSAL MOBILE APP
STAY ON TRACK WITH THE Y MOBILE APP

Download our new and greatly improved Mobile App which will allow you to:

- Check-in
- View class schedules
- Watch YMCA360 on-demand programs
- See what’s happening at the Y
- PLUS set personal wellness goals,
- Log your workouts
- And view a history of your wellness accomplishments
- Push notifications also available

CENTRAL CONNECTICUT COAST YMCA BRANCH LOCATIONS

ASSOCIATION OFFICE 1240 Chapel Street, New Haven CT 06511 P 203 777 9622
ALPHA COMMUNITY SERVICES YMCA 650 Park Avenue, Bridgeport CT 06604 P 203 366 2809
BRIDGEPORT YMCA 850 Park Avenue, Bridgeport CT 06604 P 203 334 5551
FAIRFIELD YMCA* 841 Old Post Road, Fairfield, CT 06824 P 203 255 2834
HAMDEN/NORTH HAVEN YMCA P.O. BOX 6555, HAMDEN, CT 06517 P 203 562 5129
LAKEWOOD–TRUMBULL BRANCH *20 Trefoil Drive, Trumbull CT 06611 P 203 445 9633
NEW HAVEN YOUTH CENTER 52 Howe Street, New Haven CT 06511 P 203 776 9622
SOUNDVIEW FAMILY YMCA* 628 East Main Street, Branford CT 06405 P 203 481 9622
STRATFORD YMCA* 3045 Main Street, Stratford CT 06614 P 203 375 5844
VALLEY YMCA P.O. BOX 373, ANSONIA, CT 06401 P 203 732 5527
WOODRUFF FAMILY YMCA* 631 Orange Avenue, Milford CT 06461 P 203 878 6501
YMCA CAMP HI–ROCK 162 East Street, Mount Washington MA 01258 P 413 528 1227

*Indicates a full-facility branch. All have an indoor swimming pool except the Lakewood–Trumbull Y.